

# Information Resources Catalogue 2009

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## CAREER PLANNING

Discover resources to help you with your career planning and career development.

## EMPLOYMENT

Find publications to assist in your work search and help you be successful on the job.

## LEARNING

Access our information to plan and achieve your educational goals.

## WORKPLACE

Check out the topics in our series of Human Resources Strategies for Employers and other resources for everyone in the workplace.

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Alberta

## Catalogue Item # 752437

**This publication, as well as the publications listed throughout this catalogue, are available to order online at [alis.alberta.ca/publications](http://alis.alberta.ca/publications).** They can also be ordered from the Learning Resources Centre by telephone at 780-427-5775 or by fax at 780-422-9750.

### **For copyright information, contact:**

Alberta Employment and Immigration  
Career and Workplace Resources  
Telephone 780-422-1794 Fax 780-422-5319  
E-mail [info@alis.gov.ab.ca](mailto:info@alis.gov.ab.ca)

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ISBN 978-0-7785-6942-8

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# Information Resources Catalogue 2009

This catalogue provides you with information on current, well-researched, easy-to-understand publications and posters about career planning, the workplace, human resource strategies for employers and the labour market. We specialize in information resources to help Albertans make informed decisions about their career, learning and employment.

## Order our resources

- online at [alis.alberta.ca/publications](http://alis.alberta.ca/publications)
- by fax at 780-422-9750; use the Order Form on p. 30

## View or download

Most of our publications are available to view or download at [alis.alberta.ca/publications](http://alis.alberta.ca/publications) (under *Publications*, click on *View PDF Products*).



## Inside you'll find

- content description, photo and pricing for each publication
- photo and pricing for each poster
- a list of curriculum resources authorized by Alberta Education, current at time of publication
- a resource index sorted by topic and audience

## Watch for these symbols



a new resource to be released in 2009



updated content for a current resource



a fresh look for an old favourite

## Are you

### a Career and HR Practitioner?

See the Index starting on p. 26 for our list of Professional Resources, as well as a full list of resources by topic and audience.

### a Teacher/Counsellor?

Look for **AUTHORIZED** to find curriculum resources authorized by Alberta Education or turn to the Index on p. 26 for our full list of Authorized Resources.

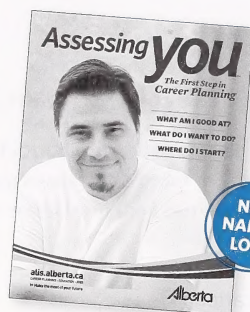
### an Employer?

Look for **EMPLOYER HR SERIES** to find resources that address HR issues or turn to the Index on p. 26 for a full list of these and other workplace resources.

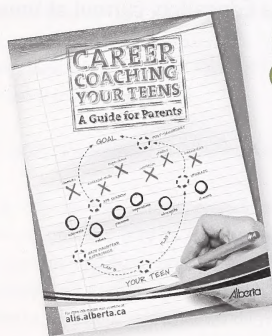
# AT A GLANCE

Many of the resources in this catalogue cover topics for a variety of audiences.

A resource index by topic and audience can be found on page 26.



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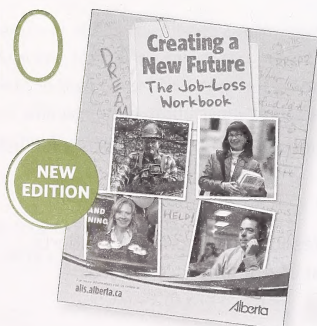
NEW  
NAME &  
LOOK

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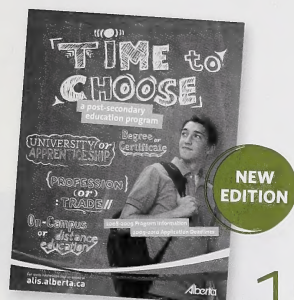
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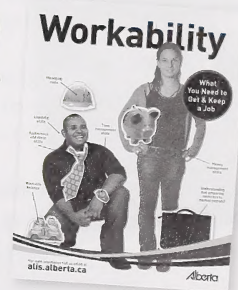
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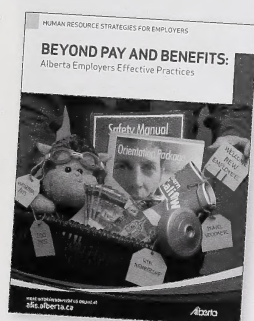
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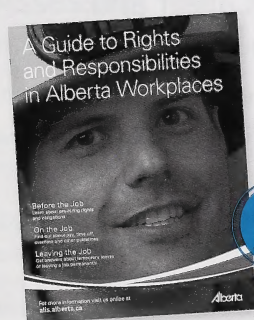
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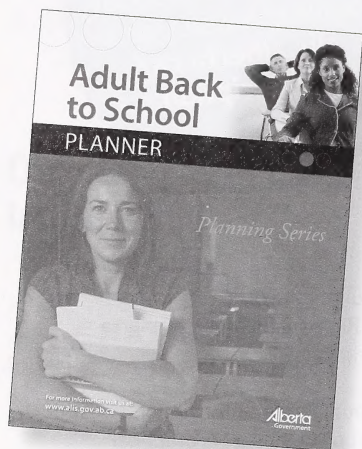
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NEW  
LOOK

# PUBLICATIONS



## Adult Back to School Planner

(workbook, 60 pp.)

**INTENDED AUDIENCE:** low literacy

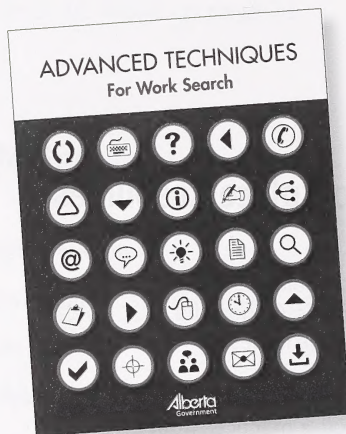
Everything an adult needs to know about going back to school—making a plan, anticipating the challenges and knowing where to go for support. This workbook deals with how to cope with change, organize your life, take care of the kids, and more. It also covers effective study habits so you can get your homework done and maintain some balance in your life.

Part of a planning series that includes *Career Planner* and *Education and Training Planner*.

**Catalogue Item # 686446**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.00 each



## Advanced Techniques for Work Search

(workbook, 108 pp.)

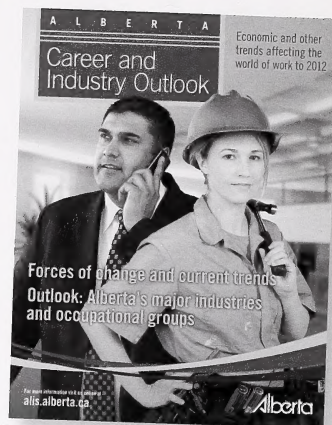
**INTENDED AUDIENCE:** job seekers/workers

This workbook is designed to help self-directed adults with experience in the workforce or post-secondary education and training improve their work search strategies. Learn to sell your skills in today's competitive job market using portfolios, proposals, cover letters, resumé and curricula vitae. Features new information on networking, information interviewing, using the Internet in your work search and formatting and tailoring your resumé.

**Catalogue Item # 462135**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.00 each



## Alberta Career and Industry Outlook

Economic and other trends affecting the world of work to 2012

(book, 68 pp.)

**INTENDED AUDIENCE:** employers, including managers/supervisors; job seekers/workers; teachers/counsellors, career and HR practitioners

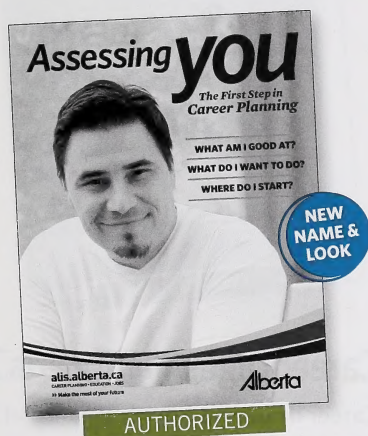
This book looks at the global and provincial trends affecting Alberta's economy and society. These trends have an impact on occupations in the province and can affect career planning decisions. An Occupational Outlook section includes projections for more than 500 occupational groups. Previously published as *Alberta Careers Update*.

**Catalogue Item # 708406**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$6.00 each





## Assessing You

The first step in career planning

(workbook, 60 pp.)

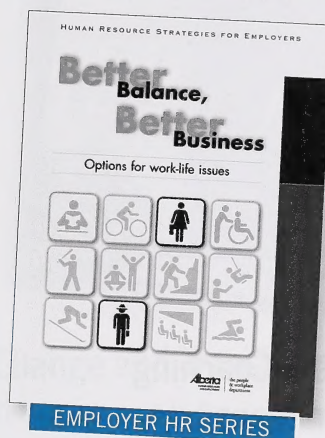
**INTENDED AUDIENCE:** job seekers/workers, youth

A self-assessment workbook to help you learn about the skills and assets you have that will help you adapt in today's world of work. Read about the skills employers are looking for and work on exercises that will help identify your own strengths. Includes suggestions for keeping track of your skills and ideas for repackaging your career assets to suit your current needs. By the end of the book you will have developed a summary of personal assets that will help you with future career choices. Previously published as *Skills Plus Handbook: Discovering your personal career assets*.

**Catalogue Item # 739097**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$7.50 each  
10+ copies \$6.00 each



## Better Balance, Better Business

Options for work-life issues

(book, 48 pp.)

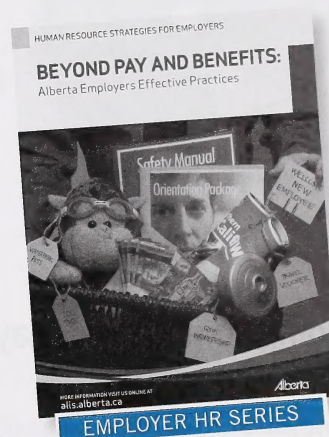
**INTENDED AUDIENCE:** employers, including managers/supervisors

The often conflicting demands of work and personal time commitments of employees can create stress and other issues for both companies and their staff. This publication presents employers with the business case for why they should care about this issue, ways to improve the situation that will benefit both employers and employees, and ideas about making these useful changes.

**Catalogue Item # 534091**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each



## Beyond Pay and Benefits

Effective practices from Alberta employers

(book, 44 pp.)

**INTENDED AUDIENCE:** employers, including managers/supervisors

Are you successfully recruiting and retaining your employees solely based on your wage and benefits packages? In this publication, Alberta business owners and managers share effective recruitment and retention practices that go beyond pay and benefits.

**Catalogue Item # 708381**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.50 each



## Building Tomorrow Today

(conference proceedings)

**INTENDED AUDIENCE:** teachers/counsellors, career and HR practitioners

Building Tomorrow Today, the annual Alberta Regional Consultation on Career Development, draws practitioners from all over Alberta and beyond for three days of professional development. Sessions and discussions help career development practitioners keep in touch with leading-edge developments in their field, learn practical skills to use with their clients and rekindle their sense of vision for the future. These proceedings outline the keynote addresses and most of the sessions.

### 2007, Catalogue Item # 674201

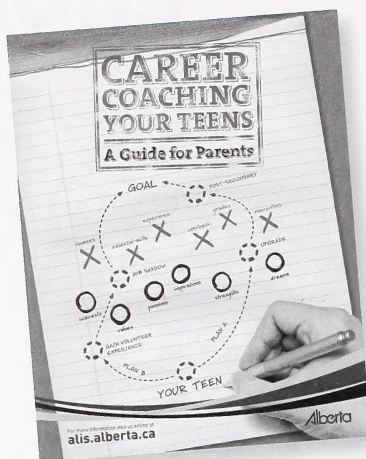
Professional Resource (no online version available)  
Coil-bound book  
\$20.00

### 2008, Catalogue Item # 708456

Professional Resource (no online version available)  
CD only  
\$4.95

### 2009, Catalogue Item # 752667

Professional Resource (no online version available)  
CD only  
\$4.95 (available Winter 2009)



## Career Coaching Your Teens

A guide for parents

(book, 28 pp.)

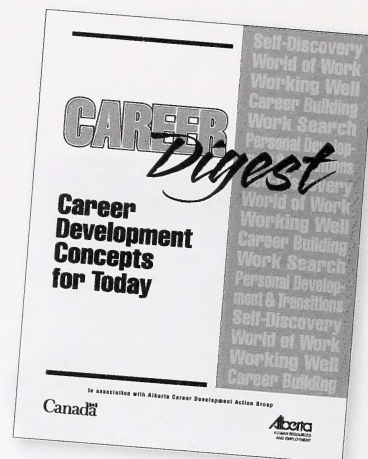
**INTENDED AUDIENCE:** parents; teachers/counsellors, career and HR practitioners

This guide offers practical ideas and resources to help parents support their teens as they explore career options and make informed career decisions. This Alberta version has been modified from the resource *A Career Development Resource for Parents: Helping parents explore the role of coach and ally*, developed by the Canada Career Information Partnership (CCIP).

### Catalogue Item # 708357

Alberta, NWT and Nunavut residents: **FREE**

**Out of Alberta:** The original CCIP resource is available online at [www.ccdf.ca](http://www.ccdf.ca). Click on *The Career Clearinghouse*. Choose *Downloadable Resources* and scroll to title.



## Career Digest

Career development concepts for today

(facilitator guide/handouts, 3-hole punched, 107 pp.)

**INTENDED AUDIENCE:** teachers/counsellors, career and HR practitioners

Whether you're helping clients or students maintain momentum or follow their passions, *Career Digest* has something for you. This package provides short, easy-to-read articles covering Self-Discovery, World of Work, Working Well, Career Building, Work Search, and Personal Development and Transitions. It also has a facilitator's guide with examples of ways the articles can be used as handouts in group or classroom settings.

### Catalogue Item # 407347 English

### Catalogue Item # 408600 French

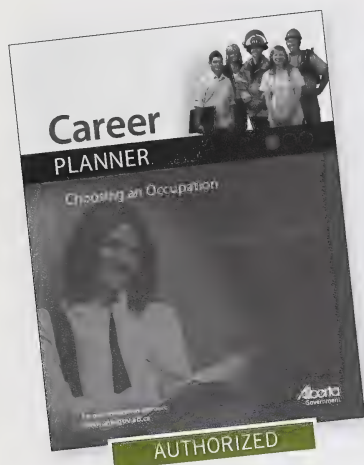
(Sélections Carrière: Concepts en développement de carrière pour le monde d'aujourd'hui.)

Professional Resource (no online version available)

Alberta, NWT and Nunavut residents: **\$15.00**

**Out of Alberta:** \$25.00





## Career Planner

### Choosing an occupation

(workbook, 80 pp.)

**INTENDED AUDIENCE:** job seekers/workers,  
low literacy, youth

How do you decide what occupation is right for you? Take the five steps to a new career path. This plain language workbook is full of exercises and tips to work through the steps. It covers all of your questions:

- What am I doing right now?
- What do I need to know?
- What are my best choices?
- What do I need to do now?
- What actions will I take?

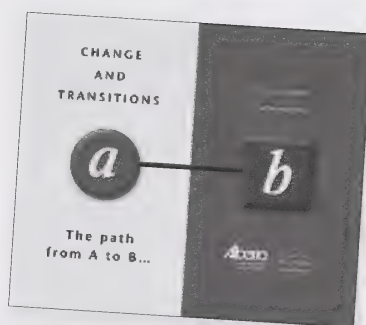
The resource section offers additional sources of help.

Part of a planning series that includes *Adult Back to School Planner* and *Education and Training Planner*.

#### Catalogue Item # 462101

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$7.50 each  
10+ copies \$6.00 each



## Change and Transitions

### The path from A to B

(book, 36 pp.)

**INTENDED AUDIENCE:** job seekers/workers

Change is all around us, every day. Sometimes we want change in our life, and we make it happen. But sometimes change happens when we don't want it. This book explores change and the emotional transitions and stresses that go with it. Full of examples, exercises, practical tips and strategies, *Change and Transitions* encourages us to make the most of change.

A related poster, *Life Changes*, is also available. See page 24.

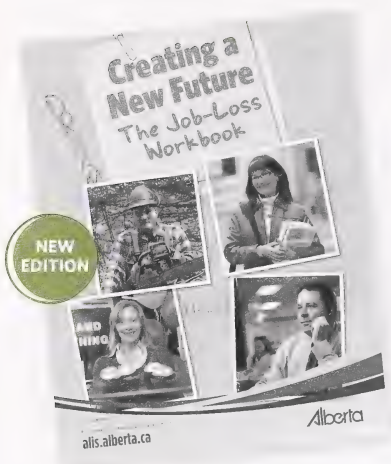
#### Catalogue Item # 458910

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.00 each  
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subscription](http://alis.alberta.ca/subscription).

Check out the  
Index on page 26  
for publications  
sorted by topic  
and audience.



## Creating a New Future

### The job-loss workbook

(workbook, 64 pp., updated 2008)

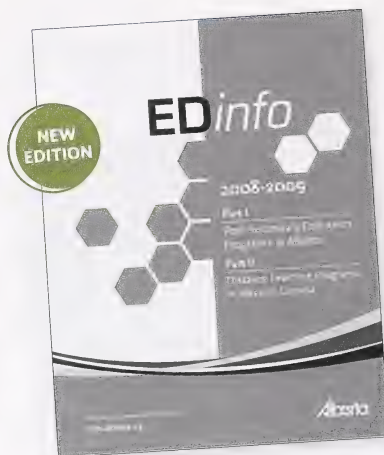
**INTENDED AUDIENCE:** job seekers/workers

Are you suddenly without work? You're not alone. The question is how do you feel and what do you do about it? This workbook offers a range of practical information, exercises and options to ease the transition from being employed to being unemployed, to moving on and creating a new future. Topics include response to job loss, negotiating a severance package, financial planning, coping, building a support network, retraining and work options, and much more. Includes personal stories from others—how they handled their failures and successes and how they turned crises into opportunities.

#### Catalogue Item # 265886

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.00 each



## EDinfo 2008-2009

(directory, 3-hole punched printed package, 1,500+ pp.)

**INTENDED AUDIENCE:** teachers/counsellors, career and HR practitioners; youth

This two-part comprehensive directory provides counsellors and their clients with general information on post-secondary level education and training programs available in Alberta and distance learning programs available in Western Canada (British Columbia, Alberta, Saskatchewan and Manitoba). This resource gives you complete information at your fingertips. For the most current information at no charge, visit the website at [alis.alberta.ca/edinfo](http://alis.alberta.ca/edinfo).

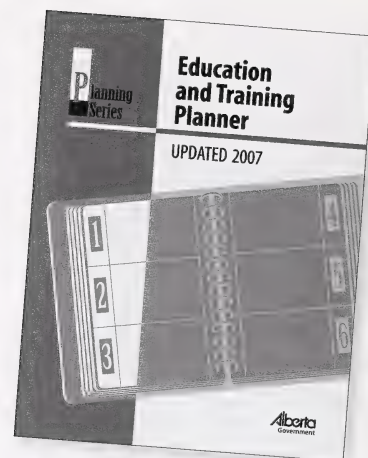
#### Catalogue Item # 738974

Professional Resource

Alberta, NWT and Nunavut residents: \$25.00

Out of Alberta: \$40.00

For information on Alberta occupations, see *OCCinfo*.  
For information on registration and certification requirements for Alberta occupations, see *CERTinfo* at [alis.alberta.ca/certinfo](http://alis.alberta.ca/certinfo).



## Education and Training Planner

(workbook, 60 pp.)

**INTENDED AUDIENCE:** job seekers/workers, low literacy, youth

Are you planning to take an education or training program? Know what your education and training options in Alberta are. This workbook will help you through all of the steps—being a smart shopper and choosing the right program and the right school, applying for admission and thinking about money. The resource section offers additional sources of help.

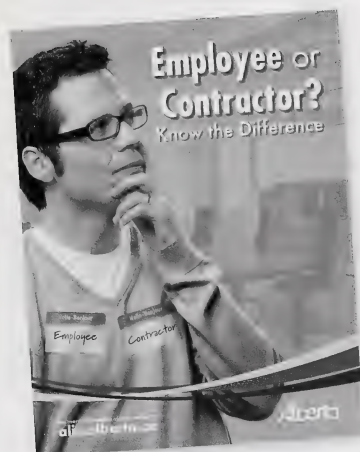
Part of a planning series that includes *Adult Back to School Planner* and *Career Planner*.

#### Catalogue Item # 462119

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.00 each





## Employee or Contractor?

Know the difference

(book, 28 pp.)

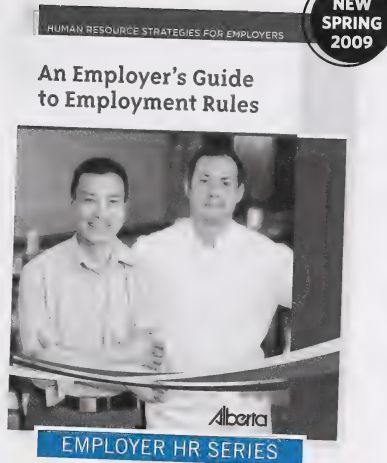
**INTENDED AUDIENCE:** employers, including managers/supervisors; workers

Whether you're an employer or a worker you may need to know the difference between "employee" and "contractor" status—and the implications and requirements of each. This resource provides basic information on the factors and definitions different levels of government apply to determine employment status.

### Catalogue Item # 708399

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.50 each



## An Employer's Guide to Employment Rules

(book, 2009)

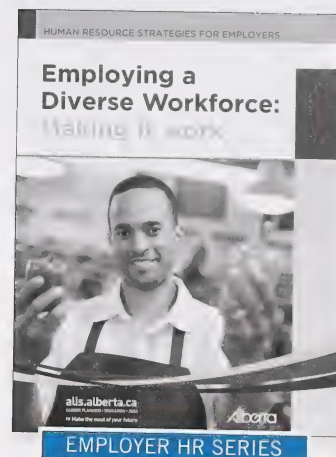
**INTENDED AUDIENCE:** employers, including managers/supervisors

When hiring, paying and terminating employees in Alberta, you must follow employment rules set by provincial and federal departments and agencies. *An Employer's Guide to Employment Rules* provides an overview of the employment legislation you, your managers and your accounting staff need to know—including regulations on employment standards, human rights, workplace health and safety, and information and privacy. It also outlines procedures and requirements for hiring foreign workers, determining and remitting deductions to Canada Revenue Agency, and obtaining valid Social Insurance Numbers. A comprehensive contact list is included. This publication is the newest addition to the Human Resource Strategies for Employers series.

### Catalogue Item # 752507

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each



## Employing a Diverse Workforce

Making it work

(book, 44 pp.)

**INTENDED AUDIENCE:** employers, including managers/supervisors

Employing a diverse workforce and creating an inclusive workplace is a strategy that works for both employers and workers. This book provides you with examples from Alberta employers on how to retain and engage a highly motivated and diverse workforce.

### Catalogue Item # 675126

Alberta, NWT and Nunavut residents: **FREE**

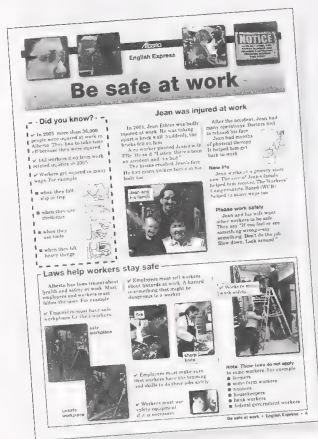
Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each

## English Express supplements

(special issues of the English Express newsletter)

**INTENDED AUDIENCE:** immigrants/newcomers, job seekers/workers, low literacy

These special issues of *English Express*, a newspaper-style publication for adults with basic reading skills in English, provide information on workplace topics. Developed in collaboration with Alberta Advanced Education and Technology. Order individually.



### English Express: Be Safe at Work

(tabloid, 4 pp.)

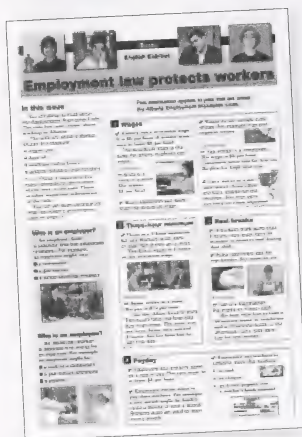
This four-page supplement provides easy-to-read information about how to stay healthy and safe on the job. It illustrates how to spot danger, use safety equipment, report injuries and share health and safety concerns with employers.

#### Catalogue Item # 675118

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: \$2.00

A view only version and accompanying Teaching Notes are available online at [alis.alberta.ca/publications](http://alis.alberta.ca/publications).



### English Express: Employment Law Protects Workers

(tabloid, 4 pp.)

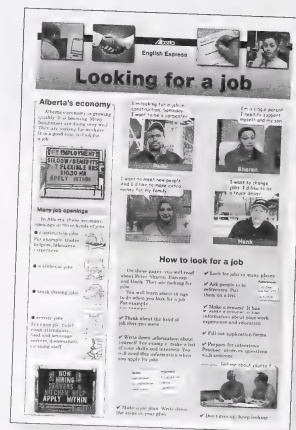
This supplement provides basic information about minimum wage, vacations, rest breaks, overtime, statutory holidays and how to read a pay stub.

#### Catalogue Item # 707929

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: \$2.00

A view only version is available online at [alis.alberta.ca/publications](http://alis.alberta.ca/publications).



### English Express: Looking for a Job

(tabloid, 8 pp.)

*Looking for a Job* helps people learn important job search skills such as identifying skills and interests, setting goals, preparing a resumé, developing a back-up plan and preparing for a job interview. Written in basic English.

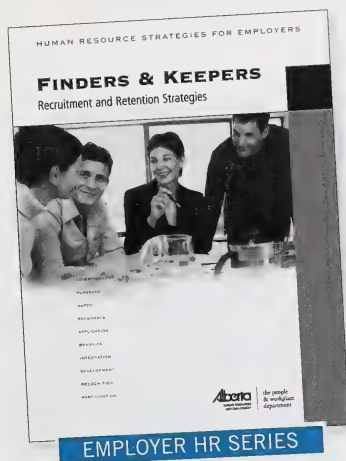
#### Catalogue Item # 675150

Alberta, NWT and Nunavut residents: **FREE**

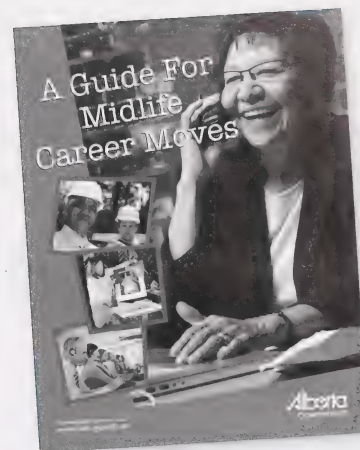
Out of Alberta: \$2.00

A view only version and accompanying Teaching Notes are available online at [alis.alberta.ca/publications](http://alis.alberta.ca/publications).





Available Spring 2009



## Finders & Keepers

Recruitment and retention strategies

(book, 64 pp.)

**INTENDED AUDIENCE:** employers, including managers/supervisors

Employers who are able to find and keep valued employees gain the upper hand in today's labour market. *Finders & Keepers* provides proven strategies and practical tools to help small- and medium-sized employers attract, recruit, select and retain employees. It condenses best practices and current research into practical and affordable steps. It also contains information about additional resources and includes blank worksheets.

**Catalogue Item # 505232**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each

## Going Somewhere?

Live/Learn/Work

(book, 2009)

**INTENDED AUDIENCE:** teachers/counsellors, career and HR practitioners; youth

Thinking about your life after high school? *Going Somewhere?* is about you and your future—your next 5 minutes, your next 2 weeks, your next 2 years. It's a quick introduction to career development for young people. The articles inside help you discover your interests, passions, skills and strengths so you can begin to plan your life, learning and work.

**Catalogue Item # 752509**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each

**Going Somewhere? Live/Learn/Work Educators' Guide**

Photocopy-ready classroom activities, ranging from 5 minutes and up, relate directly to each article in the student edition. Only available online. Download at [alis.alberta.ca/publications](http://alis.alberta.ca/publications).

## A Guide for Midlife Career Moves

(book, 44 pp.)

**INTENDED AUDIENCE:** older workers (age 45+)

Changes in your work life may come gradually or quite suddenly. Regardless of why you are going through a career transition, this book for job seekers aged 45 years old or older will help you take stock of where you are now and where you ultimately want to be.

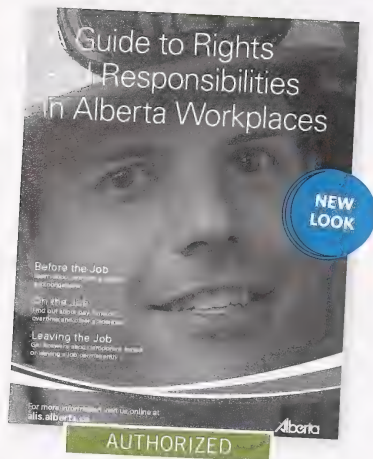
You'll learn to identify the skills you currently have and how to apply them in a wide variety of work settings, discover that it's never too late to learn new skills, recognize the many positives for hiring mature workers and learn how to combat some of those negative beliefs that employers may have.

Find out more about the different work options available to you, determine your financial and lifestyle needs and gather more information and resources to get you moving forward as you begin your midlife career transition.

**Catalogue Item # 505191**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each



## A Guide to Rights and Responsibilities in Alberta Workplaces

(book, 36 pp.)

**INTENDED AUDIENCE:** employers, including managers/supervisors; immigrants/newcomers; job seekers/workers; youth

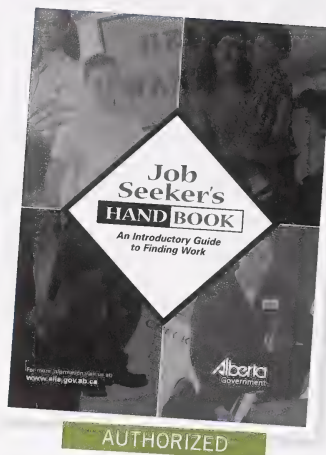
Legislation specifies many of the rules that must be followed in Alberta workplaces by both workers and employers. If you are new to the workplace or an employer with a small- or medium-sized business, this publication can help you find answers to questions about employment standards, health and safety, human rights and workers' compensation procedures. Listed phone numbers and websites direct you to contact information to help you stay within the rules.

An accompanying poster, *Workplace Rights and Responsibilities*, is also available. See page 25.

### Catalogue Item # 567266

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each



## Job Seeker's Handbook

An introductory guide to finding work  
(workbook, 64 pp.)

**INTENDED AUDIENCE:** job seekers/workers, youth

A basic guide to finding entry-level work for people who are new to the job search process. It features a skills inventory based on Conference Board of Canada Employability Skills 2000+, sample cover letters and resumé, tips for completing an application form and interview preparation questions. Also features information on scannable resumé.

### Catalogue Item # 462086

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.00 each



## Job Smart

Tips for staying employed  
(book, 40 pp.)

**INTENDED AUDIENCE:** job seekers/workers; teachers/counsellors, career and HR practitioners; youth

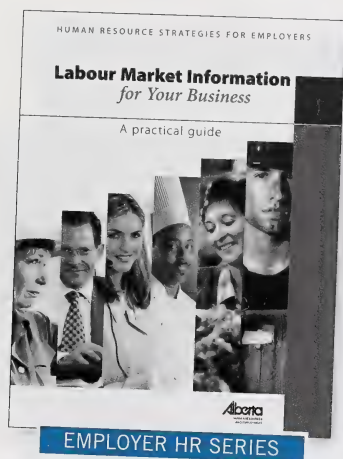
This basic guide to keeping a job features information about what employers are looking for in their employees. It includes self-assessment exercises, tips on problem solving and a list of helpful community resources. Written in plain language.

### Catalogue Item # 505240

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.00 each





## Labour Market Information for Your Business

A practical guide

(book, 40 pp.)

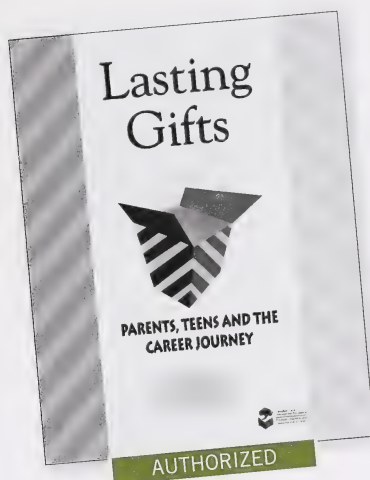
**INTENDED AUDIENCE:** employers, including managers/supervisors

What is labour market information? Why should employers want to know about it? How is it used? This publication presents a business case for using labour market information to achieve greater productivity and competitiveness, provides testimonials from employers who have used labour market information to their advantage and lists many current links to reliable labour market information.

**Catalogue Item # 623878**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.50 each



## Lasting Gifts

Parents, teens and the career journey

(book, 56 pp.)

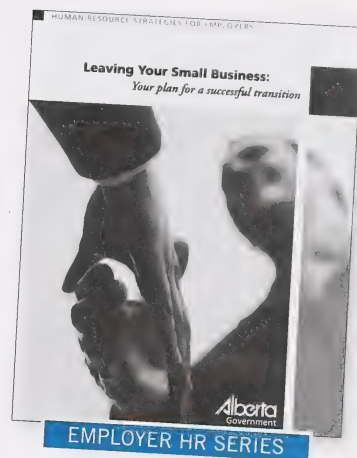
**INTENDED AUDIENCE:** parents, youth

"There are only two lasting things that we can give our children. One is roots, the other is wings." *Lasting Gifts* gives parents a wise, warm, supportive framework for helping their teens prepare for the challenges ahead. Chapters are based on the High Five messages: Change is Constant, Follow Your Heart, Focus on the Journey, Be an Ally, and Stay Learning. Practical exercises help parents and teens sort out their respective values and dreams.

**Catalogue Item # 306854**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: Order from [www.ccdf.ca](http://www.ccdf.ca)



## Leaving Your Small Business

Your plan for a successful transition

(book, 24 pp.)

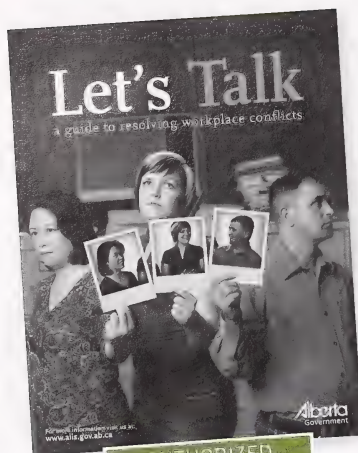
**INTENDED AUDIENCE:** employers, including managers/supervisors

What is a business succession or transition plan? Why should I have a succession plan? How do I develop a plan? Find answers to these and other important questions in this practical guide for small business owners. At some point you will be leaving your business, whether you sell, transfer your business to others or simply close the doors. Having a succession plan will help ensure value in your business, optimize financial security (including capital gains and tax implications), enhance employee relationships and provide peace of mind knowing that your business legacy will align with your vision.

**Catalogue Item # 675142**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.00 each



## Let's Talk

A guide to resolving workplace conflicts

(book, 32 pp.)

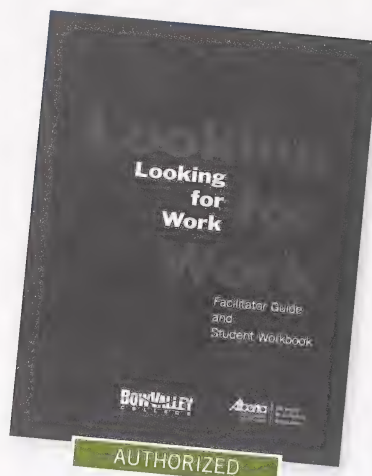
**INTENDED AUDIENCE:** employers, including managers/supervisors; job seekers/workers

If you've ever experienced disagreements in the workplace, this book is for you. The conflict resolution methods presented are helpful for employees and employers of large, medium and small organizations, whether it's a private sector company or a not-for-profit association. Contains information on how to handle situations internally and where to get outside help.

**Catalogue Item # 686438**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each



## Looking for Work

Facilitator guide and student workbook

(facilitator guide, 67 pp.; student workbook, 153 pp.)

**INTENDED AUDIENCE:** job seekers/workers; low literacy; teachers/counsellors, career and HR practitioners

*Looking for Work*, a facilitator guide with a master photocopy-ready student workbook, is designed to help tutors and instructors prepare lessons and provide activities for people who face literacy as a barrier to finding work. The student workbook, written at a Grade 5 reading level, is ideal for individual and group settings. This publication was originally produced in partnership with Bow Valley College and the National Literacy Secretariat.

**Catalogue Item # 462078**

Professional Resource (no online version available)  
\$12.00



## Making Sense of Labour Market Information

(book, 32 pp.)

**INTENDED AUDIENCE:** job seekers/workers

If you're not sure what labour market information is, why you need it or where to find it, then this book is for you. It provides examples of how to use labour market information when making career, learning and employment decisions.

**Catalogue Item # 505258**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.50 each





## Money 101

Budgeting basics for further education

(book, 56 pp.)

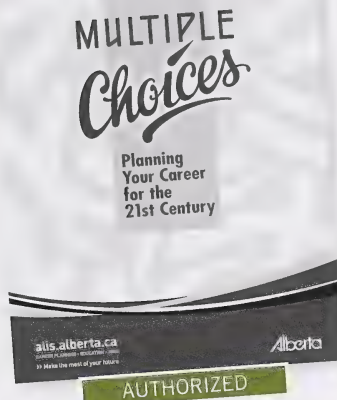
**INTENDED AUDIENCE:** parents, youth

How are you going to pay for studies at a Canadian college or university? Enrol first in *Money 101*, a short course about the hard-rock realities of financing your education. *Money 101* offers straight talk about why you should invest in further education, how to set personal goals and how to figure out what your education will cost. The book offers suggestions on ways to pay for it, budgeting, banking and avoiding the pitfalls of plastic, and stretching your \$\$\$\$. Students share their experiences with handling money.

**Catalogue Item # 563537**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each



## Multiple Choices

Planning your career for the 21st century

(book, 64 pp.)

**INTENDED AUDIENCE:** job seekers/workers, youth

Every day you are making multiple choices on this journey called life. This book will help you become comfortable with your choices along the way and provide you with the career building knowledge and skills you need to make decisions more easily. Practical exercises help you clarify your dreams, identify your skills and assets and recognize attitudes and beliefs that either support or hinder you on your life's journey.

**Catalogue Item # 359069**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$7.50 each  
10+ copies \$6.00 each



## OCCinfo 2006

(occupational profiles, 3-hole punched printed package, 2,500+ pp.)

**INTENDED AUDIENCE:** job seekers/workers; teachers/counsellors, career and HR practitioners; youth

This handy reference contains Alberta profiles of more than 530 occupations, covering duties, working conditions, salaries, employment outlook, personal characteristics and required educational qualifications. Occupations are organized alphabetically, by industry, by school subjects and by primary interest. *OCCinfo* includes helpful definitions and a cross-referenced index. For the most current information at no charge, visit the website at [alis.alberta.ca/occinfo](http://alis.alberta.ca/occinfo).

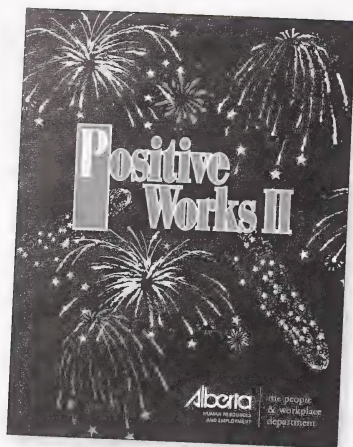
**Catalogue Item # 623828**

Professional Resource

Alberta, NWT and Nunavut residents: \$50.00 for each package

Out of Alberta: \$100.00 for each package

For information on educational programs in Alberta, see *EDinfo*. For information on registration and certification requirements for Alberta occupations, see *CERTinfo* at [alis.alberta.ca/certinfo](http://alis.alberta.ca/certinfo).



## Positive Works II

(workbook, 64 pp.)

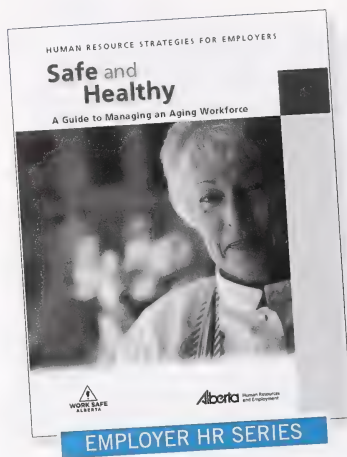
**INTENDED AUDIENCE:** job seekers/workers

If you believe there are no jobs out there, then you probably won't put much effort into getting one. But if you believe there are opportunities out there, then there will be nothing stopping you. It's amazing what you can accomplish by changing negative attitudes and beliefs into positive ones. This book is full of exercises and tips to help you put those positives to work for you in all areas of your life: goal-setting, learning, improving relationships, coping with stress, and finding and keeping work.

### Catalogue Item # 332891

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.00 each



## Safe and Healthy

A guide to managing an aging workforce

(book, 44 pp.)

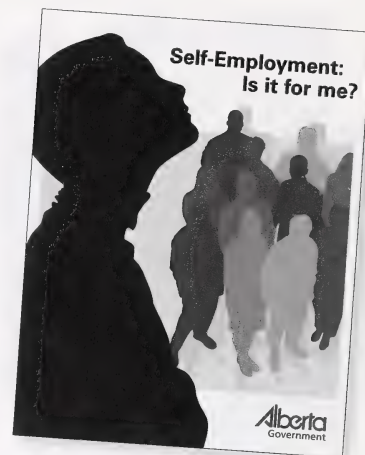
**INTENDED AUDIENCE:** employers, including managers/supervisors

The average age of the workforce is rising in Alberta workplaces. Employers are looking to retain their valued older workers (age 45+) and, in some cases, are in a position to hire older employees for vacancies in their organization. This publication examines perceptions and realities about the capabilities of the older worker and offers ways to keep your employees of any age safe and healthy on the job.

### Catalogue Item # 623852

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each



## Self-Employment

Is it for me?

(book, 28 pp.)

**INTENDED AUDIENCE:** job seekers/workers

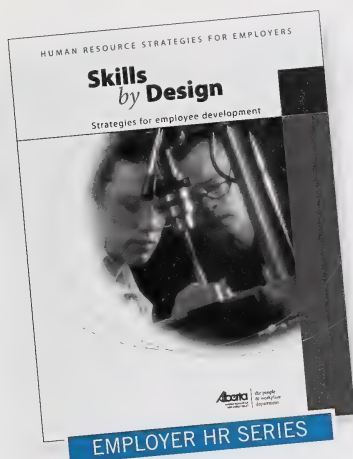
Thinking of becoming your own boss? This primer outlines the benefits and challenges of self-employment and examines the motivation, skills, traits and background of successful entrepreneurs. It explores the various forms of self-employment and how to get started in business. There are hints to get you thinking about innovative products and services, information on writing business plans and more.

### Catalogue Item # 332437

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$7.50 each  
10+ copies \$6.00 each





## Skills by Design

Strategies for employee development

(book, 48 pp.)

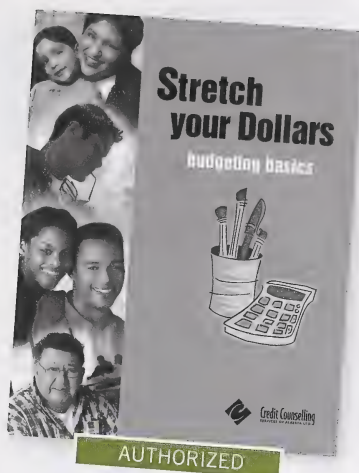
**INTENDED AUDIENCE:** employers, including managers/supervisors

Taking the time to read this book is an investment in your company's future. *Skills by Design* is a toolbox for employers looking to sharpen the skills of their workforce. The publication makes the case that any business, no matter how small, should have the tools and know-how to build and enhance employee skills. It features the why to, how to and practical what to do of employee skills development.

### Catalogue Item # 567290

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$5.25 each



## Stretch Your Dollars

Budgeting basics

(book, 32 pp.)

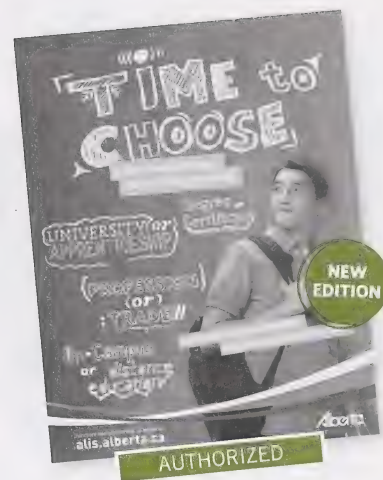
**INTENDED AUDIENCE:** all

Would you like to get as much as possible from each dollar you have? This publication, produced by Credit Counselling Services of Alberta, will guide you through the budget process. Includes helpful tips and suggestions on how to cut your expenses, boost your income and access useful information, services and programs.

### Catalogue Item # 534067

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: An online copy is available at [www.creditcounselling.com](http://www.creditcounselling.com) (click on *Our Services* and choose *Resources*).



## Time to Choose... a post-secondary education program

2008-2009

(book, 84 pp.)

**INTENDED AUDIENCE:** youth

Planning to take further education in Alberta? *Time to Choose* has up-to-date information on various education options, what programs are offered and where, overviews and features of Alberta educational institutions, contacts and more.

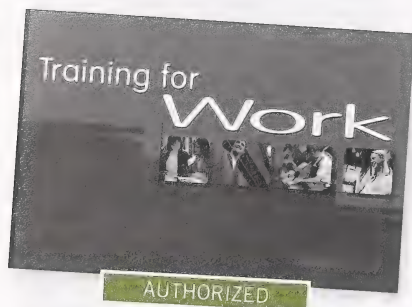
Includes 2008-2009 program information and 2009-2010 application deadlines. The 2009-2010 edition of this publication will be available in Fall 2009.

### Catalogue Item # 738205

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.50 each  
10+ copies \$6.00 each

For additional information on educational programs in Alberta, see *EDinfo*.



## Training for Work

(book, 48 pp.)

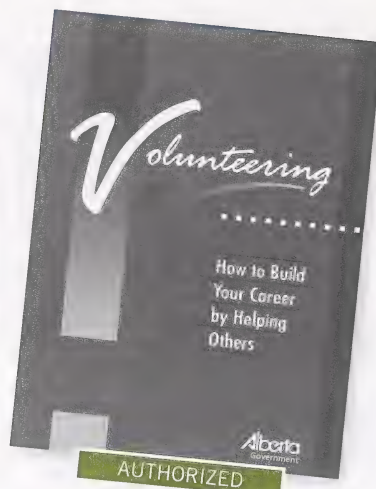
**INTENDED AUDIENCE:** job seekers/workers, youth

*Training for Work* offers creative alternatives to the traditional full-time classroom setting. Take advantage of opportunities that will maximize your training options and consider how mentoring, volunteering, self-study, short-term courses and on-the-job training will boost your employability.

### Catalogue Item # 534083

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$5.00 each  
10+ copies \$4.00 each



## Volunteering

How to build your career by helping others

(book, 52 pp.)

**INTENDED AUDIENCE:** job seekers/workers, youth

Looking for a job but don't have enough experience or connections? Want to change occupations but don't know what to do? Volunteer and get what you need by giving. This book describes the many benefits volunteering offers people as a career-building strategy for gaining experience, adding new skills, making contacts and researching career ideas. Concludes with a section on how to use your volunteer experience on your resumé and in your portfolio to get the work you want.

### Catalogue Item # 359308

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$4.00 each  
10+ copies \$3.00 each



## Welcome to Alberta

Information for newcomers

(book, updated 2009)

**INTENDED AUDIENCE:** immigrants/newcomers

This newly revised guide for newcomers to Alberta provides useful information for settling and living in the province. The publication covers a wide range of topics, including housing, employment, education, health care, climate, banking, shopping, transportation, child care, the legal system and social customs. It has also been expanded to include information for Temporary Foreign Workers. In addition, the guide includes a list of key contacts.

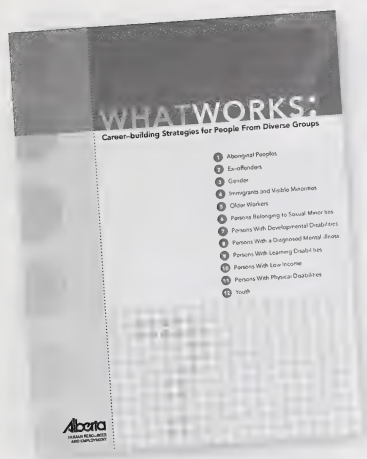
### Catalogue Item # 752510

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$7.50 each  
10+ copies \$6.50 each

For the most current information, visit the Government of Alberta's immigration website at [albertacanada.com/immigration](http://albertacanada.com/immigration).





## What Works

Career-building strategies for people from diverse groups

(counsellor resource, 3-hole punched printed package, 266 pp.)

**INTENDED AUDIENCE:** teachers/counsellors, career and HR practitioners

*What Works* is a unique counselling manual of client-driven, strength-based approaches and effective strategies for working with diverse groups: Aboriginal peoples, youth, ex-offenders, immigrants and visible minorities, older workers, persons with a developmental, learning or physical disability, persons diagnosed with mental illness, persons with low income and persons belonging to sexual minorities. Each chapter covers general characteristics, employment issues and effective strategies and practices for counselling these individuals. An extensive bibliographical and endnote section and links to websites specific to each chapter are included.

### Catalogue Item # 623844

Professional Resource (no online version available)

**Alberta, NWT and Nunavut residents:** \$30.00

**Out of Alberta:** \$50.00



Available Spring 2009

## Women in Non-Traditional Occupations

Stories to inspire

(book, 2009)

**INTENDED AUDIENCE:** job seekers/workers; teachers/counsellors, career and HR practitioners; female youth

With more than 30,000 occupations to consider, how do you choose the one that's right for you? Be inspired by stories of Alberta women who took the non-traditional career path, and learn about their struggles and rewards along the way. These women did it, and you can too! Also includes resource information for career planning, education planning and scholarships.

### Catalogue Item # 752508

**Alberta, NWT and Nunavut residents: FREE**

**Out of Alberta:** 1-9 copies \$6.50 each  
10+ copies \$5.25 each



## Woman Today, Edition 1

Success on our own terms

(magazine, 48 pp.)

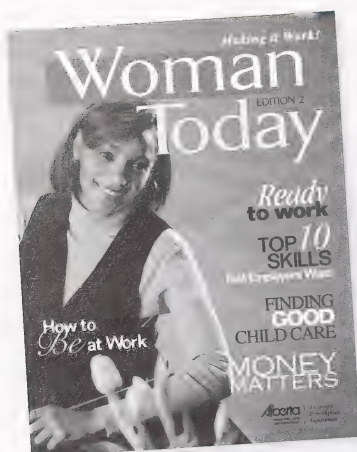
**INTENDED AUDIENCE:** job seekers/workers

"Making Time, Saving Energy." "The Gentle Art of Creating Change." These are just two of the topics covered in this lively magazine for women who want to make positive changes in their lives. Ideal for women who are going back to school or getting ready to look for work, *Woman Today, Edition 1* will help them balance all the new demands in their lives. Articles provide inspiration and advice on everything from setting personal goals to surviving the morning and evening rush hours in a busy household. A support magazine for women in transition.

### Catalogue Item # 325630

**Alberta, NWT and Nunavut residents: FREE**

**Out of Alberta:** 1-9 copies \$6.25 each  
10+ copies \$5.00 each



## Woman Today, Edition 2

**Making it work!**

(magazine, 56 pp.)

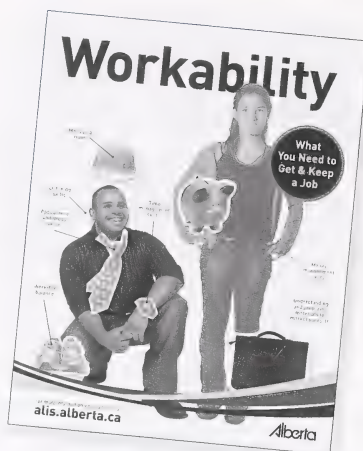
**INTENDED AUDIENCE:** job seekers/workers

A bright, information-packed magazine for women who are getting ready to step into the world of paid work, either for the first time or after some stops and starts. *Woman Today, Edition 2* will help you balance all the new demands in your life with confidence. "Could Self-Employment Work for You?" or "Finding Good Child Care": these and many more articles present valuable information on everything from acting professionally to delegating household chores. Plus valuable advice on what to do about sexual harassment in the workplace. A next step following *Woman Today, Edition 1: Success on our own terms*.

**Catalogue Item # 356643**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.00 each



## Workability

**What you need to get & keep a job**

(book, 56 pp.)

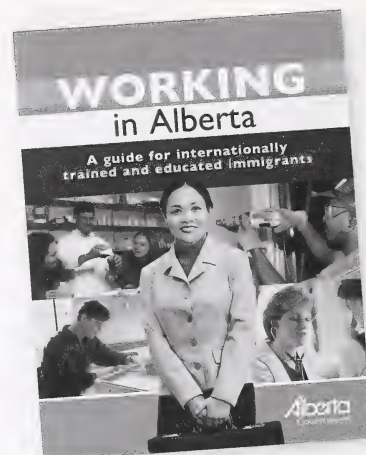
**INTENDED AUDIENCE:** immigrants/newcomers; job seekers/workers; low literacy; teachers/counsellors, career and HR practitioners; youth

This revised and expanded handbook provides practical information about key skills and attitudes required by job seekers in today's job market. It includes activities to self-assess current skills and develop the skills and attitudes needed for success in the workplace.

**Catalogue Item # 675134**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$6.25 each  
10+ copies \$5.00 each



## Working in Alberta

**A guide for internationally trained and educated immigrants**

(book, 76 pp.)

**INTENDED AUDIENCE:** immigrants

Have you obtained your education and skills training outside of Canada? Do you need to make some decisions about your work life in Alberta? If so, this guide could help you get started. *Working in Alberta* can help you research your occupation in Alberta, look at other work alternatives and become familiar with the Alberta workplace. You'll find information on topics including recognition of international qualifications, registration and certification, occupational information, career management, job search skills and the labour market. It also includes information about the agencies, professional organizations, government departments, websites and publications that can help during this period of transition.

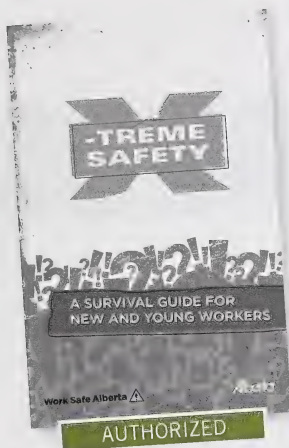
**Catalogue Item # 567307**

Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$7.50 each  
10+ copies \$6.00 each

For the most current information, visit the Government of Alberta's immigration website at [albertacanada.com/immigration](http://albertacanada.com/immigration).





## X-treme Safety

A survival guide for new and young workers

(book, 44 pp.)

**INTENDED AUDIENCE:** employers, including managers/supervisors; job seekers/workers; parents; teachers/counsellors, career and HR practitioners; youth

This survival guide for young, inexperienced workers is packed with information about workplace health and safety regulations and employment standards in Alberta. Through personal stories, quizzes and checklists, youth gain the information they need to contribute to working in a safe, healthy and fair work environment. The book includes a detachable bookmark that can be used as a reminder for youth to take charge before they take on the job world.

A series of four posters, *What are you working for*, is also available. See page 25.

### Catalogue Item # 454992

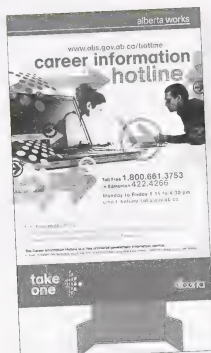
Alberta, NWT and Nunavut residents: **FREE**

Out of Alberta: 1-9 copies \$5.00 each  
10+ copies \$4.00 each

See the Index on page 26 for a full list of curriculum resources authorized by Alberta Education.

Stay informed about what's new. Subscribe to our eNewsletter at [alis.alberta.ca/subscription](http://alis.alberta.ca/subscription).

# POSTERS



**Career Information Hotline**  
Catalogue Item # 708563



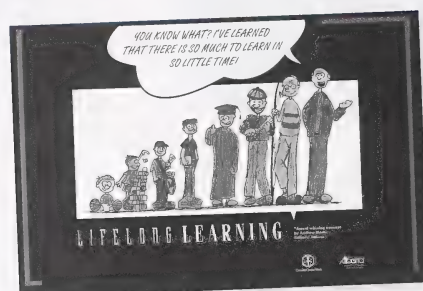
**Life Changes**  
Catalogue Item # 462276



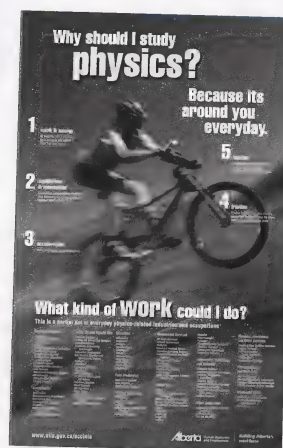
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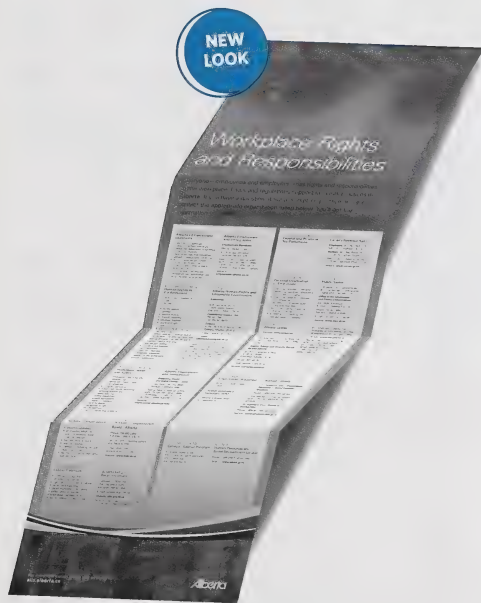


## Young Workers: What are you working for? (four-poster series)



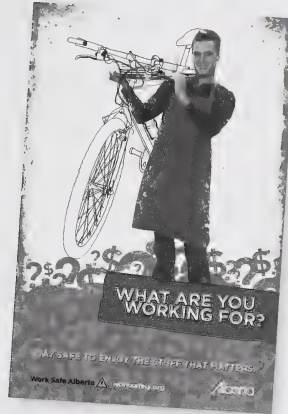
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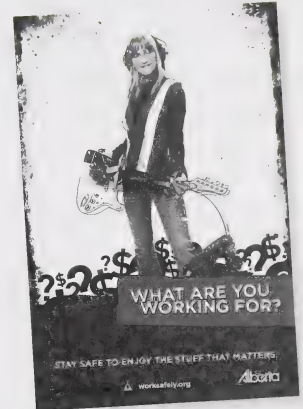


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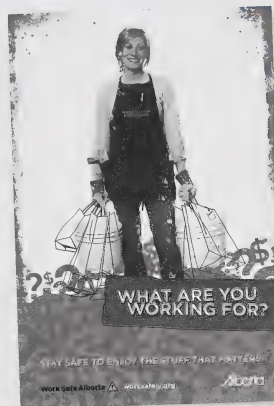
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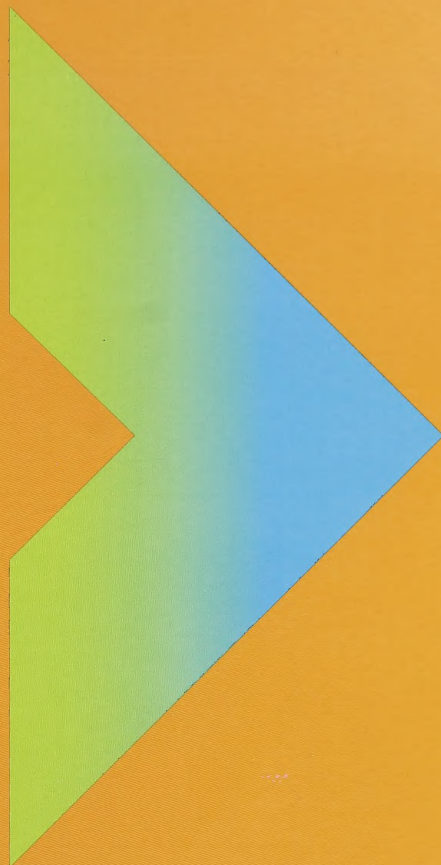
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Alberta women who dared to take the non-traditional career path share their stories—and the challenges and rewards they found along the way. They did it, and you can, too!

## **Going Somewhere? Live/Learn/Work, p. 13**

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